



HERFENJUTU

HERFENJUTU

MAY 1975 VOLUME IV. No. 5

35¢

TABLE OF CONTENTS

| | |
|--|----|
| <i>The Love of Living</i> | |
| Lecture by Richard P. Goodwin. | 3 |
| <i>The Penetralia</i> | |
| by Andrew Jackson Davis. | 5 |
| <i>Student's Corner</i> | |
| Article by Sandy Johnson. | 7 |
| <i>Views of Our Heavenly Home</i> | |
| by Andrew Jackson Davis. | 8 |
| <i>Visitors Views.</i> | 9 |
| <i>Spiritualist Dictionary.</i> | 10 |
| <i>Proverb by The Wise One.</i> | 11 |
| <i>Prayer for Spiritual Healing.</i> | 12 |
| <i>Healing Hands</i> | |
| Article by Bee Dorbandt. | 13 |
| <i>News and Views</i> | |
| by Duncan Robertson. | 15 |
| <i>A Guide to Mediumship</i> | |
| by E. W. & M. H. Wallis. | 16 |
| <i>Children's Corner.</i> | 17 |
| <i>Cook Book Capers.</i> | 22 |
| <i>Invocation.</i> | 23 |
| <i>Busy Bees</i> | |
| by Bee Dorbandt. | 24 |
| <i>Declaration of Principles.</i> | 25 |
| <i>Proverb by The Wise One.</i> | 26 |
| <i>Becoming a Spiritualist</i> | |
| by H. Gordon Burroughs. | 27 |
| <i>Lest We Forget.</i> | 28 |
| <i>Poet's Pen.</i> | 30 |
| <i>Fables for Young and Old.</i> | 31 |
| <i>Serenity Cassettes.</i> | 32 |

Published Monthly by SERENITY SPIRITUALIST ASS'N
NSAC, P.O.Box 137, Forest Knolls, Ca. 94933

EDITORIAL DEPARTMENT

Richard P. Goodwin. Editor
Kay A. Hammel. Ass't Editor

Opinions expressed are not necessarily those of the Sentinel.
All unsolicited manuscripts must be accomplished by a self-
addressed, stamped return envelope.

THE LOVE OF LIVING

A lecture given at Serenity Spiritualist Church on May 6, 1975
through the Mediumship of Richard P. Goodwin

This morning we would like to speak on "The Love of Living". We all, I am sure, agree that what is known as love or God or the Divine or light is all energy. Without love nothing survives; without love nothing grows. And so it is that love and the love of living is one and the same thing. Without love there is no life, and without life there is no light; there is no awareness. And so it behooves us to consider what laws, if any, govern this so-called love of living—what natural divine laws govern life herself. The teachings of this philosophy are founded and based upon the divine demonstrable natural law of personal responsibility. And so it is, when we accept that demonstrable divine truth of personal responsibility for all experiences that we encounter in life, when we truly accept that law, then we will demonstrate what is known as Divine Will. Our understanding is that Divine Will is Total Consideration—Total Acceptance. When we go out into this world and have these multitude of experiences, some of them pleasant and some of them not so pleasant, if we will pause to think, if we will gain control of our own thoughts and our own emotions and we will strive to work objectively at the experience—and by objective, I mean without emotion, without personal self-involvement as we view the experience itself—then, my friends, in demonstrating the Divine Will of Total Acceptance—of the total and full responsibility of the experience that you have encountered—you will be freed for the laws of nature, the divine natural laws themselves, will balance whatever it is to be balanced in your life. Now this teaching is not a new teaching in the world; it is the oldest of all teachings. It has been presented in a multitude of ways. It has been taught by the ancient philosophers, "if only you have the faith of a grain of mustard seed." But how does man gain faith? How does man have faith? Without acceptance, my friends, there is no faith, and so we are demonstrating each day of our lives, hopefully some positive faith, and surely from the living demonstrations, a great deal of negative faith. And what do we mean by negative faith? We simply mean what is known to man as fear. It is so easy for us to react to fear, or negative faith, and seemingly so difficult to act to positive faith.

(Continued on Page 4)

(Continued from Page 3)

All of life's experiences are a revelation to each of us what level of consciousness we and we alone are choosing to entertain in thought. And so, my friends, no matter what the seeming obstruction, no matter what the seeming problem may be in your life today, remember you and you alone are the only obstruction. All of us are controlled, to a great extent, by what is referred to in this philosophy as the tapes of past experiences. When man does not accept full responsibility for all experiences in his life, he becomes controlled by taped experiences of the past. Consequently, we are accepting but we are accepting a limited experience of our own past life. That, my friends, is not progression; it isn't even evolution, but it is stagnation. So if you find in your lives that you are happy the way everything is going, then you are doing something that you have accepted, and having accepted it, of course, you are the living demonstration of it.

What does that have to do with living? My friends, *that is living*. What does it have to do with love? Love is the great magnet that pulls all things to us. When we as individualized souls, rise in our consciousness to become the gods of the universes, then we transgress those natural divine laws and we demonstrate the limited laws of form. Man, indeed, is a law unto himself because man has made himself a law unto himself. He has decided and chosen what he will accept in life, and what he will not accept. And the things that he has decided that he will not accept, when he experiences them, is not happy, because there is a power, there is an energy, there is an intelligence that is greater than the human mind. It is the Intelligence that has created the human mind.

So let us think, my friends. We have come a long, long ways to get to this point in time. Do not deceive yourselves and think that you are a new creation of ten or twenty or thirty or fifty years or more. Our soul has evolved through untold eons of time. How long must we wait to awaken? All teachers know that through struggle and suffering man starts to change. But is struggling and suffering necessary for man to make the changes that will benefit his own life? Struggling and suffering is necessary to any soul that is grounded in what is commonly referred to as self-will. There is no god of the Spiritualist that we ever have viewed that demands that His children suffer, that His children be in poverty, lack and limitation, that they live in misery, sorrow and grief. Those kind

(Continued on Page 6)

THE PENETRALIA

Being Harmonial Answers to Important Questions

by Andrew Jackson Davis

Continued from last issue—

What is forbidden in the fifth commandment?

The fifth commandment forbiddeth the neglecting of this Filial homage which is due to every person, idea, or truth, that giveth evidence of superiority and innate righteousness. All contemptuous treatment of a human being—all scorning of those who live in poverty; all supercilious mannerisms toward those who labor in field, workshop, or kitchen; all trampling upon the rights of others; all mocking and jeering and hissing and hooting at that which (without due investigation) is pronounced prejudicial to morals and religion; all irreverence and politico-sectarianism manifested toward the inhabitants of foreign countries and principalities, either in thought or speech; finally, and in short, all voluntary transgressions of this Filial Principle in reference to man on earth, to spirits in the heavens, to angels in the spheres, to seraphs in the constellations, or to Father-God in the nuptial embrace of Mother-Nature—is positively forbidden now and for ever.

What results will follow obedience to the fifth commandment?

The results of obedience will flow like crystal waters through the garden of the soul. The effects are beautiful and saving like deathless flowers shedding immortal fragrance o'er the path of life—Gratitude, Generosity, Patience, Devotion, Moderation, Justice!—these are the jewels which beautify the true child of Nature, having the power to bring long life and prosperity.

What is the sixth commandment?

The sixth commandment is: "Obey the law of Universal Love with the total ingenuousness of thy inmost nature;" for it is this uncircumscribed principle which circulates and throbs through all the veins and arteries of Humanity.

What is required by the sixth commandment?

The sixth commandment requireth each individual to identify his peace and prosperity and happiness with that of every other. Isolated being and unaided doing are not compatible with true humanity and permanent progression. Universal Love is founded in the vivifying essence of universal existence, and should regulate the highest and noblest impulses operating in the broad domain of

(Continued on Page 34)

(Continued from Page 4)

of gods are the false gods of our mental creations. That is not the Infinite Divine Love that cares for the sparrow and the blade of grass in the meadow. So think, my good friends, where are you this moment and where have you chosen to go? There is no reason for any mind to suffer and experience a life of grief and misery. It is only our absolute refusal to accept a higher power, a Divine Intelligence, that holds the stars in space, to which all things are possible; but man cannot experience what he refuses to accept. And refusing to accept is the revelation of where we are by our own lives this moment. And so we may well say, I am not so sure if this God, this Divine Intelligence, will take care of my needs; I **have** prayed and prayed and prayed and I do not see the results as yet, My friends, there is more to prayer than a spoken word There is more to life than what we have yet seen. Prayer is something that is a living demonstration of service. If you pray to God to heal you, if you pray to God for supply, what you have done is deny that He has already given it to you. And when you deny the Divine, the Divine cannot serve you.

So think, my friends, we teach a life of service in this church service to the Divine Intelligence. That is the only thing you can ever rely upon with any degree of satisfaction. And until we rise to that level, until we grow in our own evolution of our own soul to see that the Divine Intelligence is the greatest servant of all, and we want to become the divinity which in truth is our right, then we must demonstrate the natural laws of life herself. We cannot sit home and pray or go to church and pray and expect results when we are the obstruction to the power that flows, that heals, that is life herself. So let us think more deeply, and let us go deep within the recesses of our own mind. It seems so often in religions and philosophies that the children of this planet seek them out when things are not going well in their lives. And once making some change in their thinking, they go on about their old patterns of yesterday, the patterns that put them where they were before they came to religion or to philosophy. What kind of sense is that, my friends? If you have not yet been satisfied with life and you are looking for something better, or the struggle that you are experiencing is too much for you to bear, and you seek a better way, once having found it, isn't it reasonable that you would serve it—if not for another, at least for yourself?

(Continued on Page 29)

Student's Corner



by Sandy Johnson *

As we unfold Spiritually, we are taught in The Living Light, that we must descend on "the outer ladder of illusion and delusion" through the levels of mind "that we alone have created." Only by facing our inner levels that we have suppressed to the depths of our subconscious can we gain the understanding to free ourselves from the programmed tape patterns that we have had for a life time.

It is a time of great struggle for the students as we face these inner levels because the ego is so unwilling to admit that it has these levels of consciousness. Anguish and disgust is registered by the mind with the realization that these things could exist inside ourselves whom we thought were so perfect and above such so-called negative expression. This reaction clearly comes from the ego-pride part of our lower self. It is a shock to the system to admit that it is so less than perfect. Our soul level, of course, is very pleased with this process, for it is through this painful education of the ego, bringing it into balance, that the soul can be freed for greater Spiritual expression.

Only by forgiving ourselves and expressing the soul faculty of duty, gratitude and tolerance can we release these levels of consciousness and ascend to peace and freedom. It is no wonder we have so much difficulty in tolerating others when we are so unwilling to accept that the level that exists in one person exists in all people—including ourselves.

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

CHERUBIM

This was the name given by the ancient jews to any guardian influence belonging to the celestial system of government. Sometimes it signifies a spirit, next to a seraph in importance; but in general use the term stands for an emblem of hierarchial authority.

Let us take a like liberty, and employ this word to signify wisdom. Let us put into his hand a flaming sword, and station him at the entrance of society.

Do not the gates of our Eden need watching and guarding? Within them you behold a corpulent, selfish Eve, manifesting grossness and cruelty to her servants, stupid indifference to the development of her children, spending her vitality on dress, novels, parade, and a pampered appetite. There, too, you see a rotund old Adam, bringing on premature decrepitude, accumulating wealth in every land, exhausting his great energies in laying the foundations for protracted lawsuits among his heirs, and in destroying what little happiness circumstances may perchance bring within his life. Let a cherubim be stationed at the great garden gate, with flaming sword, instructed to drive out these fallen parents, and to preserve the paths and fruit trees for the good angels who are surely coming.

THE PHYSICAL ORGANISM

The human body is the perishable chariot of fire by which the spirit is individualized, and in which the spirit rides through the world. Fire in the lungs keeps the blood boiling; fire in the heart keeps the blood throbbing; fire in the blood keeps the passions and appetites bubbling; fire in the nerves keeps the brain blazing; fire in the brain keeps the whole house warm and inhabitable, in all climates, and preserves the whole establishment against the ten thousand fire-extinguishers which continually threaten individual existence. The only genuine fire-proof armor is health. A sick person is liable to combustion and sudden destruction from fevers, inflammations, and corruptions, which are only different consuming fires in different parts of the house. All persons who are thus
(Continued on Page 14)

Visitors Views



"I enjoyed the beautiful simplicity of the service, the sincerity and friendly manner of the members and workers and the good vibrations present." G.U.

"It was very interesting and rewarding."

"I am just glad for this opportunity. Glad acceptance sums it up."

"Working thru the realms of Light doing our duty for what is right. Thank you Spirit for the call giving love and life to all."

"This philosophy is a very fine one and a great help to me. Thank you."

"I have been here many times before and each time I come I realize that Serenity never loses its peacefulness and tranquility. I am very grateful for that." P.J.

"Beautiful and uplifting." M.Y.

"Being here is like a breath of fresh air. It's beautiful!" S.

"Far out!"

"The service seems to be directed so much to the individual's positive abilities; it gives everyone confidence and makes them think of better ways to look at darker things." M.P.

"I felt communion with God and Destiny." T.

"Restful and restorative." L.B.

"I always enjoy the services. Today I especially felt my inner being soar while the choir sang." E.

"I was very moved. The peace and calm I felt was amazing."

"The sincerity of all of those participating in the service is most inspiring. No week would be complete without a visit to Serenity."

SPIRITUALIST DICTIONARY

SPACE

According to communications, space in the spirit world presents no limitations, the mere wish to travel being sufficient to bring it about. The location of the spirit spheres is usually said to be concentric with the earth's surface, permeating it and extending to a great distance beyond. Others say that space is a condition imposed by earthly consciousness. The inhabitants of the spirit world perceive objects spacially, yet they seem to penetrate the substance of them also; they say they are not dependent on senses as we are. The light by which they perceive seems to proceed from objects themselves, not by external sources, such as the light from our sun is to the earth. The mental states of spirits would seem to condition their surroundings to a considerable degree, to the extent of cutting them off from communication with other spirits, should they be in the habit of self-sufficiency. How far their super-physical state is affected by this mental process, is difficult for us to determine.

SPHERES, CELESTIAL

The sphere inhabited by beings far in advance spiritually of earth consciousness. A world said to be of light and harmony.

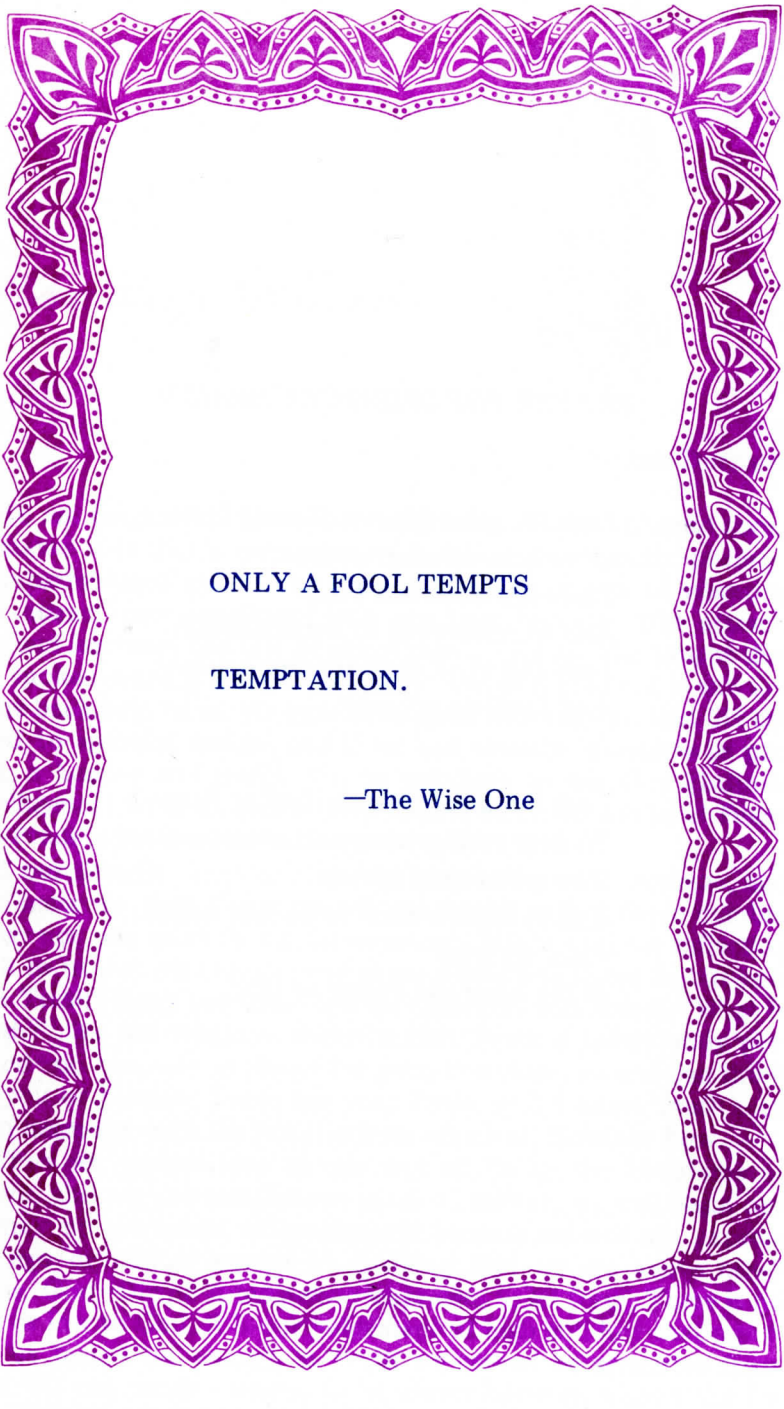
SPHERE, LOWER

The nearest condition to earth, a transition place through which all must pass at death. If there is an emotionally strong attachment for any particular experience of earth life, it may prolong the stay in this lower state until such time as the spirit wishes to progress.

* * *

EDITOR'S NOTE—

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*).



ONLY A FOOL TEMPTS
TEMPTATION.

—The Wise One

PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands



by Bee Dorbandt*

We are taught that if we can change our attitude of mind about whatever it is that is bothering us, whether it be health, poverty, or inharmonious conditions, we can change our rate of vibration and attract new conditions into our lives because "like attracts like and becomes the law of attachment." We are also taught that the spoken word is life giving energy, and as it goes out it will not come back void to us. We have been given affirmations that lift the mind to spiritual realms, and if we can visualize ourselves as perfect, a healing will result. We do not have to tell God (Infinite Intelligence) what to heal or how to heal us.....we will be at Peace, and Peace is the Power that heals.

If our thought (mental attitude) is one of power, courage, and kindness we shall find our environment will reflect these conditions—not one good thought goes astray. Life is a mirror reflecting back to us our own image—not as we would like to see it, but as it is in Truth. Many centuries ago the question was asked, "What is Truth?" We are taught at Serenity that Truth is individually perceived—no one eats or sleeps for you; therefore, no one can think for you or perceive Truth for you. Truth is! To know Truth is to be in harmony with the Infinite from which all blessings flow.

When we express love to one and all, in all the kingdoms of nature, and see the intelligence in all of matter, we will begin our journey up the ladder of progression because we will not express our ego or human nature in thinking that we are above other forms. God—Divine Intelligence—expresses in all form. There is no high or low to God. It is our judgement of high and low that separates us from God, though in Truth we cannot be separated from God. We can cause a screen to be drawn between us and the Divine, causing much pain and inharmony. By our positive thinking we can effect a cure, as by our negative we caused the problem.

(Continued from Page 8)

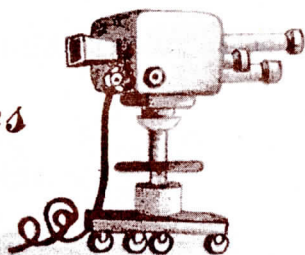
slowly burning to death in the presence of their dearest friends, may be said to be paying a high rent for a poor, dissolving habitation. No blasphemy is more ungodly than a conscious transgression against the laws of rudimental life and health. Such a person is irreligious, although he may fulfil all the rules of his church as to prayers, Bible-reading, and obey every known formula of piety and worship.

CHEERFULNESS

Some one has well said that "cheerfulness is a duty." The discharge of this essential duty should be obligatory upon all mankind. The existence and inculcation of a "religion of despair" in the world will account for a vast deal of human sadness. For who can smile, yea, who *dare* so far forget the true sympathies of his heart as to be *glad* for a moment about anything, when the preacher positively tells him that only about *one person* in a hundred millions ever reaches the kingdom of eternal bliss? How *dare* an Orthodox minister wreath his mouth with smiles? In his Christian scheme he teaches that, since the "tidings of great joy" were first heard, countless hosts of human hearts have died without being "converted;" and that each of these thronging millions has gone under the everlasting "wrath of God" into a hell of endless suffering! *He* smile? Yea, how *dare* any sincere believer in such a "religion of despair" venture to be glad, or indulge an emotion of joy even for a brief moment? For the credit of human nature, let it be recorded that those who sincerely believe these unutterable doctrines are never cheerful, and do not, because they have not sufficient indifference of heart to, smile from morning till night. They are always sad, because they are partially insane!

But while writing these few sentences, the birds of the air sing cheerfully, and the whole earth is throbbing with gladness. Cheerfulness is a cardinal principle in true religion. Not frivolity, not silliness of conduct and idiotic gabble, but cheerfulness, thankfulness, and robust happiness. The setting sun, the beginning of winter, the decline of rudimental life, are, to the truly religious and healthy, as beautiful and cheerful as are the rising sun, the opening of summer, or the birth of a babe in the beautiful morn of spring-time.

News & Views



by Duncan Robertson*

For most of us the rhythms of the universe may seem only distantly related to our conscious activities—from the 24-hour period of a day, to the 60 to 80-per minute pulsation of our hearts, to the ocean's rhythmic tides. The study of recurrent phenomena is as old as astrology and as new as the attempted correlations of brain wave patterns to behavior. Current research by Doctors Peretz Lavie and Daniel F. Kripke, however, is focusing on rhythmic patterns that the layman may find closer to home. A synopsis of their findings appears in the April issue of *Psychology Today*, entitled "Ultradian Rhythms, The 90 Minute Clock Inside Us." The two say that they have adopted the term "ultradian" from convention, ultra-dia in Latin meaning beyond the day (cycle). They cite the work of Nathaniel Kleitman and Eugene Aserinsky as among the first to clearly define the 90 minute cycle in relation to sleep studies. REM (rapid eye movement) during sleep was found to correlate with shifts in mental activity or dreaming, the variance of this alternating rest and activity cycle coming at 90 minute intervals.

Psychiatrists Stanley Freidman and Charles Fisher has observed that sleep dreams often express the oral drive, and theorizing that the shifts from REM to non-REM sleep periods represented a waxing and waning of instinctual drives, they set up a test to observe the oral habits of a group during their waking hours. Several people were placed in a room for 36 hours and provided with reading materials, sketch pads, etc., plus a refrigerator full of food and soft drinks. The only thing noted during the test was how often subjects put something in their mouths, be it food, a pencil or a finger. They found that approximately every 100 minutes like clockwork something went in. Other tests have shown that during periods of fasting the stomach will contract at periods of approximately 100 minutes.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. and M. H. Wallis

SEEK AND YE SHALL FIND

The objection is sometimes raised that we have no right to *seek* to hold communion with spirits. It is urged that if we were intended to know we should not need to inquire, yet one of the earliest instances of a manifestation of spirit power (or what is recorded as such) is reported in Genesis xv., where Abraham *waited* for a manifestation from his 'God,' or 'guide' and 'a deep sleep fell upon him, and an horror of great darkness,' a 'smoking furnace and a burning lamp passed between the pieces' (verses 12 and 17). The priests in the Temple constantly *sought* counsel, and they wore the Urim and Thummim for the purpose of 'crystal-seeing.' That it *was* customary to 'seek' for spirit guidance is evidenced by the fact that we are informed, quite as a matter of course, that Saul sought unto the Lord, 'but the Lord answered him not.' Joseph sought for guidance, and used a divining cup for the purpose. The whole story of Balaam indicates the same thing: 'Tarry ye also here this night that I may know what the Lord will say unto me more.' (Numbers xxii. 19) See also xxiii. 3: 'I will go; peradventure the Lord will come to meet me.' That it was customary to visit mediums for the purpose of obtaining counsel and guidance is clearly set forth in 1 Samuel ix. 6 and 9. Nothing could be more definite. Saul is assured that Samuel is a man of God, and an honorable man. Then we get this explanation: 'When a man went to inquire of God, thus he spake, Come and let us go to the seer; for he that is now called a prophet was beforetime called a seer.' The phrase,

'INQUIRE OF THE LORD'

is frequently used, and indicates the common practice. Ezekiel was unquestionably a seer, a trance speaker, and a clairvoyant and clairaudient medium, if the record is trustworthy. The Rev. J. Page Hopps, in his 'Thus Saith the Lord,' says: 'The one little sentence—*Ezekiel was a spirit medium*—explains the whole book. He held regular seances, and the description of them in his book will be familiar to every Spiritualist. A few instances will suffice to show this. In chapter viii. 1, we read: "And it came to pass in the (Continued on Page 21)

CHILDREN'S CORNER

Steven broke my toy at school today and I didn't hit him. I said "Thank you, God, I am at peace." That's self control.

Erik Masad, Age 4

Love is caring for someone other than your self, It is also Divine Love, which is made of white; purity and red; action which make up pink. It is caring for everybody equally, for enstance God he cares for everybody equally. Regular love is a speical feeling for a other person, animal or thing.

Orianne M. Smith, Age 11

God is the great me the great me is god. God is no one thing god is avery thing in the hole world. God is avery human being and avery human thing is god. When we or acting like the great me we do not be selfish we shar and love and be kind and be the most beautiful people in the hole wide world

Yvonne Fernandes, Age 10

Love is the color pink. Love is when you be nice to someone. Love is when you love your cats and my sisters cat. Love is when I love my Mom and Dad.

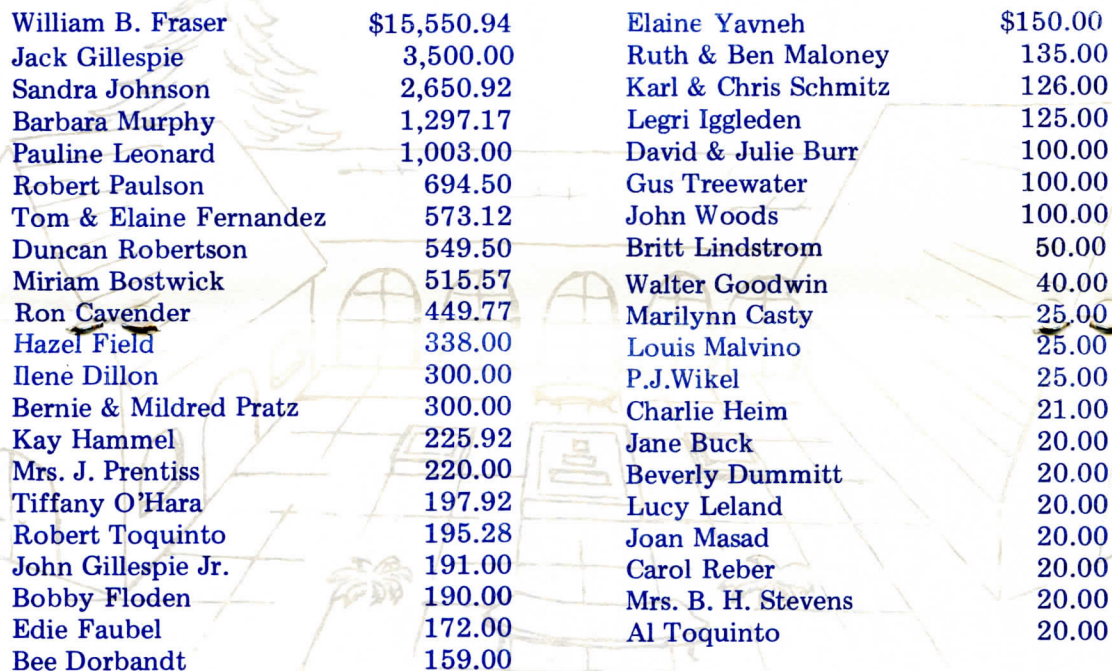
Laurel Smith, Age 7

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our Lyceum.

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE \$30,440.61



| | | | |
|------------------------|-------------|----------------------|----------|
| William B. Fraser | \$15,550.94 | Elaine Yavneh | \$150.00 |
| Jack Gillespie | 3,500.00 | Ruth & Ben Maloney | 135.00 |
| Sandra Johnson | 2,650.92 | Karl & Chris Schmitz | 126.00 |
| Barbara Murphy | 1,297.17 | Legri Iggleiden | 125.00 |
| Pauline Leonard | 1,003.00 | David & Julie Burr | 100.00 |
| Robert Paulson | 694.50 | Gus Treewater | 100.00 |
| Tom & Elaine Fernandez | 573.12 | John Woods | 100.00 |
| Duncan Robertson | 549.50 | Britt Lindstrom | 50.00 |
| Miriam Bostwick | 515.57 | Walter Goodwin | 40.00 |
| Ron Cavender | 449.77 | Marilynn Casty | 25.00 |
| Hazel Field | 338.00 | Louis Malvino | 25.00 |
| Ilene Dillon | 300.00 | P.J. Wikel | 25.00 |
| Bernie & Mildred Pratz | 300.00 | Charlie Heim | 21.00 |
| Kay Hammel | 225.92 | Jane Buck | 20.00 |
| Mrs. J. Prentiss | 220.00 | Beverly Dummitt | 20.00 |
| Tiffany O'Hara | 197.92 | Lucy Leland | 20.00 |
| Robert Toquinto | 195.28 | Joan Masad | 20.00 |
| John Gillespie Jr. | 191.00 | Carol Reber | 20.00 |
| Bobby Floden | 190.00 | Mrs. B. H. Stevens | 20.00 |
| Edie Faubel | 172.00 | Al Toquinto | 20.00 |
| Bee Dorbandt | 159.00 | | |

CHILDREN'S BUILDING BLOCKS

| | |
|---------------|------|
| Michael Field | 5.00 |
|---------------|------|

We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for Income tax purposes.

The Living Light

In this new book are the wonderful teachings of The Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of The Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

Oh, love divine, a servant be
 'Til selfishness imprisons me
 And warps the reason of my mind
 Into the madness of the blind,
 When truth cries out "Not mine but
 Thine"
 And frees my soul with love divine.

Order now your copy of the limited deluxe first edition "The Living Light." \$10.60 per copy, plus \$.30 handling and mailing.

Mail order to:

Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

(Continued from Page 16)

sixth year, in the sixth month, in the fifth day of the month, as I sat in mine house, and the elders of Judah sat before me, that the hand of the Lord God fell there upon me." This phrase, "I sat in mine house, and the elders of Judah sat before me," is, in the circumstances, a perfect description of a seance. The same formula occurs in other places. Chapter xiv. 1: "Then came certain of the elders of Israel unto me, and sat before me. And the word of the Lord came unto me, saying," &c.'

In chapter ii. of Daniel we find that Daniel, when requested to interpret the king's dream, sought his friends, and they held a seance over the affair, desiring guidance, and Daniel had a night vision.

JESUS A SPIRITUALIST

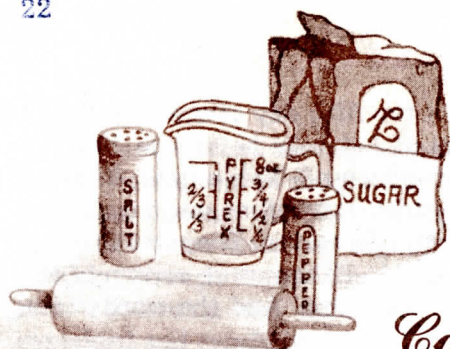
We deny emphatically, that Spiritualism is contrary to the practices of the prophet-mediums, and declare that *Jesus set the example* of seeking to communicate with spirits, for we find him selecting his beloved companions and taking them away from the people and holding a seance on the mountain, where he prayed and waited, and finally 'Moses and Elias' appeared unto them and talked to Jesus (Matt. xvii.)

Christians claim that they are now living under 'Grace,' not under 'Law,' and excuse themselves in that way for non-obedience to certain Old Testament commands. If, therefore, we were to admit that the Mosaic commands against witchcraft, &c., applied to Modern Spiritualism (which we do *not* admit), we, too, can adopt the claim that 'the Law' of Moses has been superseded by the sanction and action of Jesus.

William Howitt well says: 'Jesus went to seek this spirit as if the case was studied literally.....to Moses, the very man who prohibited such an act, and there on the mount broke the law before his fact, and by his example taught his disciples to do the same.'

Jesus declared that God is more willing to give to the hungry-hearted than an earthly father is to give food to his offspring, and he made this emphatic promise, 'Seek and ye *shall* find, knock and it *shall* be *opened* unto you,' and this is a promise 'of the Holy Spirit to them that *ask* him.' (Luke xi. 1 to 13.)

(To be continued in next issue)



Cook Book Capers

CALIFORNIA BRUNCH BREAD

Cream together:

- 1/4 cup butter or margarine
- 3/4 cup brown sugar, firmly packed

Add:

- 1 egg
- 1/3 cup undiluted frozen orange juice concentrate
- 2 tablespoons grated orange rind
- 3/4 teaspoon ground cinnamon
- 1 cup thick buttermilk
- 2 cups flour (whole wheat may be substituted
for white)
- 3/4 t. salt
- 1 t. baking powder
- 1 t. baking soda

Stir until blended, then add:

- 1 1/2 cups chopped, moist pitted prunes
- 1 1/2 cups chopped walnuts or pecans

Spoon into two well greased loaf pans, size 7 3/8 x 3 5/8

If desired, sprinkle 1 tablespoon wheat germ over each loaf

Bake at 350° for about 45 minutes or until a pick inserted in center comes out clean. Cool about 10 minutes before removing from pan. Wrap well and store overnight. May be frozen.

INVOCATION

O Spirit of Infinite Wisdom and Love, we yearn to come into a more perfect understanding of things spiritual. We aspire to express more of the beauty of the higher life: that sweet spiritual life which breathes upon a world weary and heavy-laden with heartaches and pains. With this deep purpose, this lofty ideal always before us, there is no yearning for former pleasures, no desire to seek the material conditions of life; but always a desire to strive for the purer and nobler things of the intellect and soul. We earnestly pray that we may always see the blessing shining through every dark and painful condition. When in our service to our fellow man, we become weary and downhearted, may the spirit messengers of light and love bring us comfort relief and encouragement. May we join forces with those ministering angels bringing consolation to the downcast, happiness to the sad, love to the friendless and hope to the despairing. Amen.

DEATH, THE GATEWAY TO LIFE

Let us consider the mission of Death. Millions through the ages have beheld death with terror. Let us dispel the gloom. O death, thou givest a broader liberty, a more glorious freedom to the soul.

The Door of thy castle swings inward, noiselessly opening upon enchanted chambers, radiant with unwonted light and glory, such as earth hath never known.

Not into a new life but into a new individual experience, for it is the same life that has unfalteringly kept its march through the ages and thou bringst its fuller realization.

Death hath not robbed thee of thy treasures. All the good thou hast done, all the noble thoughts thou hast expressed, live and are with thee still. O death, thou holdst within thy hands the key which unlocks the door of space and time.

Then hast thou O Soul, realized thy relationship with Eternal Spirit. The spirit of man is indestructible, his soul immortal, his individuality everlasting, therefore let us not mourn and lament over Death—for Death is the gateway of life.

BENEDICTION

May the understanding of our minds, the meditation of our hearts and the obedience of our will to the still small voice within, lead us to live our Spiritualism with fidelity and fearlessness. Amen.



Busy Bees

by Bee Dorbandt*

The summer semester of the Spiritual Awareness Classes has just begun with a record registration of wonderful, spiritually-minded students.

The April dinner-social, "A German Festival," offered hearty and delicious fare. The evening was friendly with music, entertaining and prizes. The next country to be honored, food-wise, is our beautiful America as we celebrate the Fourth Anniversary of Serenity Church. The date of the affair is May 17.

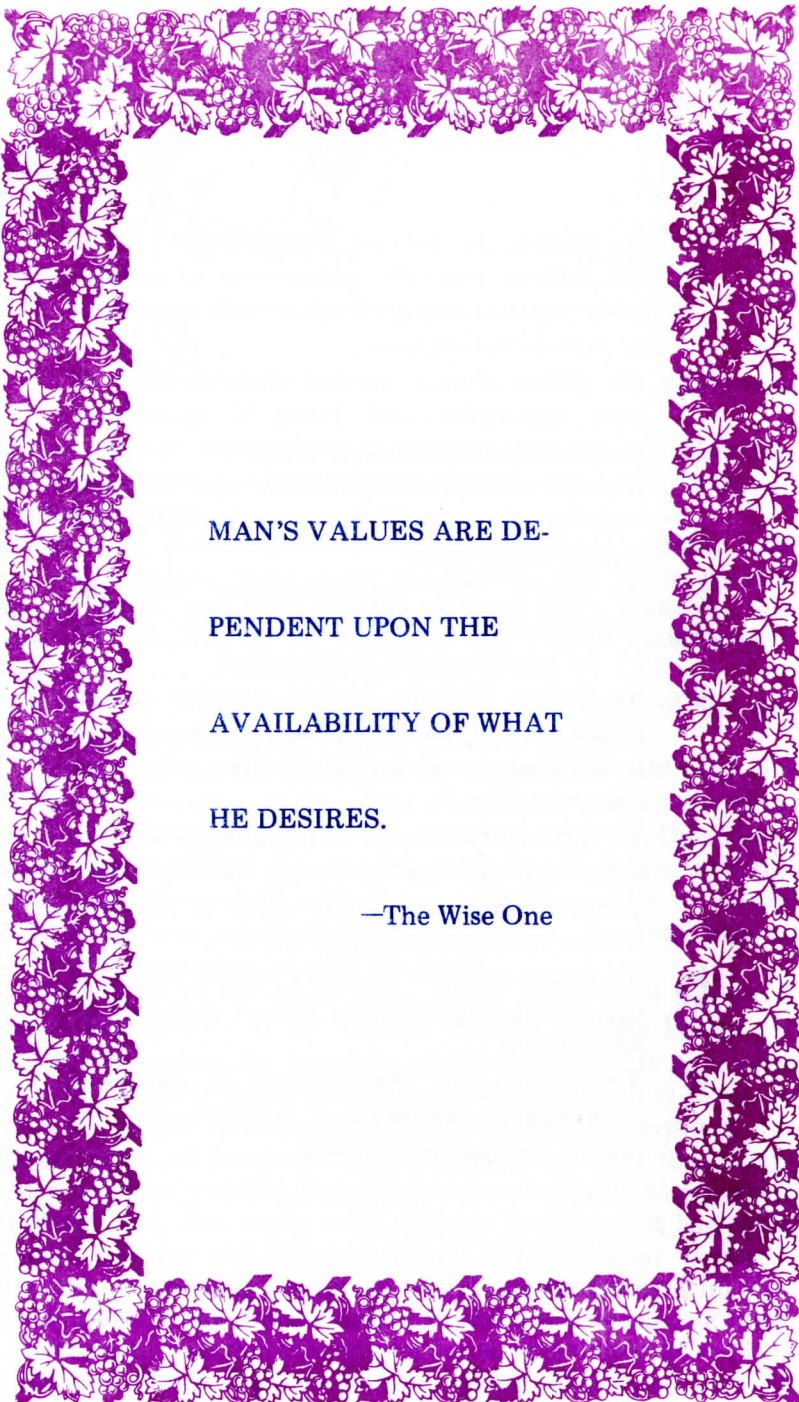
A Serenity student, Mrs. Joan Masad was welcomed into membership at the Sunday Devotional Service on April 6.

Another "Sell-out" describes our April Bake Sale held at the Montecito Shopping Center. The next Bake Sale will be held at the Redhill Shopping Center on Saturday, May 24. Our Serenity bakers are becoming famous for their breads, cakes and other sweets, so plan to buy some home-baked items. Or, if possible, make something for this baked-goods event. Proceeds help keep Serenity's doors open to serve the Light.

There is so much constructive action going on at Serenity! In happy anticipation of the Annual Holiday Harvest Bazaar to be held in November, the members and friends are making a variety of truly beautiful bazaar items—unusually constructed trivets, jardinieres, candle holders, humidors, hanging planters and other unique items, all fashioned from gorgeous imported tile, many of which are hand-painted. Beautifully crocheted afghans and shawls, Raggedy Ann and Andy dolls, pillows, needlepoint and various home items are also being made by the dedicated workers of Serenity. Incidentally, many of these items are available on a year-round basis at the dinner-socials. If you are interested in making something to help our bazaar, you are most welcome at the Ladies Guild and Men's Club on Tuesday nights. Please call the office first, however. (924-4422).

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



MAN'S VALUES ARE DE-
PENDENT UPON THE
AVAILABILITY OF WHAT
HE DESIRES.

—The Wise One

BECOMING A SPIRITUALIST

by H. Gordon Burroughs

"Love: The Living Spirit"

Continued from last issue—

The mistake through all the ages has been that man has sought God elsewhere than where He is. If you hope to find God, you must look for him in one place, and that one place is first within yourself; as you find Him there, you will find Him manifested in every other activity of life. And if you never find God there, you will probably not find Him at all. You have always been with God; you dwell in eternity with God and can never possibly be separated from God. God's activity lies down deep within the very objective consciousness of the individual, waiting for you objectively to recognize His presence and make it possible for Him to work with you and for you, through you.

What is the best way for us to make this manifestation possible? By recognizing and knowing that love is all and that love, being God, must of necessity be you. It is so easy for us to say, "I love"; it is so easy for us to express to a few an emotion which we recognize objectively as love. It is, however, so hard for us to be love, and that is what we must be to make the law a true manifestation: to be love, to live love, to be a constant manifestation of love, and not merely to talk of love.

Our very being must be love and in so being, everything in God's vast universe that is for our best good and that we so desire to become a part of us must flow to us from streams of exhaustless supply.

What is the great difficulty with every one of you who manifests uncontrolled emotion? You are standing in your own way because there is a selfishness which is a joyless activity, which makes for misery for yourself and those with whom you come in contact. Love must be so big that it encompasses all. You must be that love which says to the universe, "Thou art mine." When you look out into the great skies at night and can feel in the silence that love of God and watch the light of the stars, you can rise in adoration to that degree where you can see and feel and hear the very symphonies of the universe. Completely and sufficiently this love consumes all, and lifts us above the manifested expression of earthly life and makes of us angels dwelling for the time being in physical form.



Lest We Forget

Crawley Bartholomew
Marguerite Corte
Dukie
John Evans
Jack Faris

Abraham Friend
Jonquil
Faye Kerner
Harold Lucas
Dr. Waltham
Esther Yavneh

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

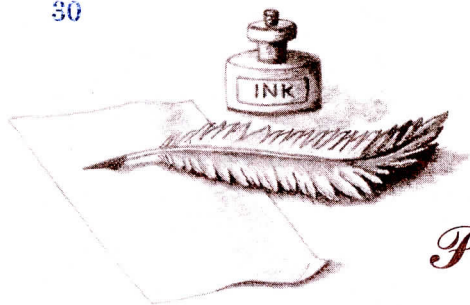
(Continued from Page 6)

Let us ask ourselves what our motive in life truly is, for the motive of a thing is the principle of a thing. And God's universes are governed and controlled by principle. So if we will search in our own mind for our own motivation, then we know what we are going to get, for we will know what we have given. The law, the love of life, is totally impartial. Each moment and each day of your life is a revelation of what is going out—so we all want something good in our lives. Then let us send out like kind for Like Attracts Like and becomes the Law of Attachment. Let us accept the demonstrable divine truth of personal responsibility. Let us not look at life, at our employer, our husbands and our wives and use them for the bat. Let us not do that to ourselves. Let us not blame the church of which we are affiliated for our frailties and weaknesses. Let us look inside of ourselves.

When we want to do something and the way is obstructed, let us not look out at the obstruction—the cause of the obstruction is inside of ourselves. But it takes a little strength of character, my friends, to look in the mirror of life because so often when we do that, we do not like what we see. But remember that is only a passing thing. Look deeper and find your own soul. Declare your own divinity in the spirit of humility and the spirit of selfless service because I assure you, my friends, that is the only thing that is reliable. It is the only thing that will ever free you for it is the universal law of life. So often we think we hear so much about service and all of us, of course, are serving something. But let us at least gain enough self-control to wisely choose what it is we are going to serve. Are we serving the importance of our own pride and ego? Are we serving the tapes of past experiences? Who and what are we serving, for we are serving every moment of every hour, every day of every century. Who have we, as individualized souls, who have we made our master? Who has become the captain of our own ship?

If we are not able to control our emotions, we are not able to control our own fears, our own motives, our own drives; then someone else is driving us. Ask yourself who that someone else is. Don't look outside for a person; look inside for a tape that refuses to stop playing in the depths of your own subconscious. That's where to look, my friends. If you say you are not feeling well, look at the entity of not feeling well that you have created.

(Continued on Page 29)



Poet's Pen

A PRAYER

Divine Infinite Intelligence, that governs the universe and knows our needs better than we can express them, may my mind, body and soul come increasingly in harmony with thy will. May the inner vibrations of my heart and soul continue to climb to new levels of understanding, so the negative conflicting thought within my ego can be replaced with greater love and understanding of the true purpose of my life. As I replace negative thoughts with thoughts of new joy and beauty, may my body know more of thy healing power and may new energy enter my mind and body to further serve the confused and sick humanity. May my faith ever increase! Amen.

—Ardoïn E. Casgrain—

FABLES FOR YOUNG AND OLD

THE TWO CRABS

A mother Crab was zealously scolding her child.

"I wish you'd quit walking sideways!" she said. "You should walk straight and proud like any other normal creature!"

"Oh, I'd love to walk straight, Mother!" said the child. "Would you please show me how?"

"Oh, very well," said the mother.

Slowly and carefully she started off, trying her best to walk straight. But hard as she tried, she couldn't keep from veering off to one side. Finally she gave up.

"It doesn't matter," she said to the child. "You just do as I say, and quit annoying me!"

—It's easier to preach than to practice.—

* * * * *

Oh Lord, I slipped and then I fell
 Into those realms of living hell
 Where my soul sleeping would ever be
 Forgetting what you mean to me.

And when my heart is torn and hurt
 May your grace keep me ever alert
 That I may see a brighter light
 Than all creation's tempting night.

It's all over, now
 It's all over, now
 God has freed me
 God has freed me
 And, it's all over now.

SERENITY CASSETTES

SERENITY CASSETTES — A new and exciting concept of learning and inspiration, giving you an opportunity to personally and privately study the higher spiritual teachings of THE LIVING LIGHT philosophy. Serenity Association proudly announces these are now available in cassette form!

The original discourses from THE LIVING LIGHT book, church lectures on such enlightening topics as "Acceptance, the Divine Will"; "Journey of the Soul"; and "The Wisdom of Tolerance" to name a few, plus numerous Spiritual Awareness Classes are a part of the series being offered. Utilizing a question and answer format, each Spiritual Awareness Class varies widely in topics covered. Answers are carefully attuned to the student's understanding. One class, for example, discusses the Divine merit system and the soul's evolutionary incarnation into form; explains that on earth one uses the soul faculty of faith to learn lessons; suggests how to determine one's lessons of life; shares an understanding of what determines the rapidity with which we experience the effects of a law we set into motion; discusses mental retardation; the wisdom of charity; the principle of duality; the principle of change; success and failure; the duty of the soul to produce in a world of creation.

THE LIVING LIGHT philosophy, patterned after life herself, is the understanding developed over centuries by The Wise One, a Great Teacher from the higher realms of Light. These teachings are brought to us through the trance-mediumship of Richard P. Goodwin.

These cassettes, electronically reproduced on the highest quality tape available, are individually priced at \$7.50 plus California State Tax and shipping charge of \$.50 each. They may be purchased for only \$6.00 plus tax and shipping charges by members of The Serenity Cassette Club, whose obligation is to buy twelve (12) cassettes per year.

Details of the Cassette Club and a full description of the cassettes are contained in our Cassette Catalog, which we will furnish upon written request.

These cassettes are invaluable as tools to further your knowledge of the Universal Laws of life. The methods and discourses given therein are useful, practical and pertinent to your every-day living as well as to your higher aspirations.

Please direct inquiries to Cassette Dept., Serenity Association, P. O. Box 137, Forest Knolls, CA 94933.

(Continued from Page 29)

If you say that you are poor, in lack and limitation, that you have x number of dollars, then look at that entity in your own sub-conscious mind that is controlling your life. If you are addicted to pills and medication, look at that entity in your head that's controlling your soul and your own body. Whatever man relies upon becomes his master. Let us not forget that. And once you rely upon a person, place or thing, be it your own thought, you become the victim and the servant of that pattern of mind.

Let us not become discouraged, but let us become aware of who it is that is guiding our ship of destiny. Is it truly ourselves, or is it what we have accepted from the world? Think, my friends, and think more deeply, for our soul came to earth on its evolutionary path not to eat and sleep, nor to be an animal in its present evolution, but to awaken to its own rights, to be free, to consider all of life and not just a limited level of consciousness accepted in our early formative years. You can be what you want to be; it is the law, for we already are. If you say I want to be something else and you are not yet that, then you are not demonstrating the law of patience, for all of us this moment are what we have desired and chosen to be. If man says I did not choose suffering, then he has not yet awakened to his own tapes of his own mind. We are what we have chosen to be by the divine laws themselves. And if we are not happy with what we are this moment, then we can change and establish new laws, in our life, but we cannot change until we demonstrate the Divine Will known as Total Acceptance.

* * * * *

OH MAN YOU LITTLE GOD WHAT WISDOM HATH
YOU FOUND

OH MAN YOU LITTLE GOD WHAT POWER CAN YOU
KEEP

OH MAN YOU LITTLE GOD KNOW THAT I AM
HUMBLE BUT NEVER SOUND ASLEEP

(Continued from Page 5)

Human Nature.

What is forbidden in the sixth commandment?

The sixth commandment forbiddeth all selfishness and all isolated strife for wealth and power. Monopolistic enterprises and competitive industry are forbidden by virtue of this principle. By a philosophical analysis of the origin and nature of what are termed *man's vices and passions*, I discover that, with few exceptions, the worst and most discordant manifestations of character, are engendered and fortified in the strong entrenchments of political, ecclesiastical, and social Institutions.

How did these institutions originate?

These tyrannical arbitrary institutions (which despotize mankind and develop subversive effects) originated from man's *ignorance*, and not from man's depravity; although ignorance gives rise to a multitude of ungovernable propensities which Wisdom alone can calm and beautify. It should be steadily remembered that Man (and the whole race also) is a progressive Being. His life and deeds at different periods of the world, like hands on a dial, indicate the order and degree of his progression. And "regeneration" is a perpetual phenomenon of human existence. The elevation and expansion of man's affections into Universal Love, is the perfect fruition of the tree of Life; the result of no miraculous "change of heart," but of perennial growth in love and wisdom. When this commandment is obeyed, the various races will shake hands through mutual organizations of interests, and a stupendous harmonial temple will overarch the world.

What is the seventh commandment?

The seventh commandment is: "Obey the gospel of USE"—for this is the first manifestation of the principle of Wisdom.

What is required by the seventh commandment?

The seventh commandment requireth us to *use all things* which minister to the growth, ennoblement and happiness of our physical and mental being. There is not a blade of grass, nor a grain of sand, but may be set in accord with the key-note of man's needs. Subjective wisdom seeks objective existence; giving the artist an intelligent impulse toward the appropriation of colors, and the beauty-lover a desire to embellish his habitation with picturesque results. The man of uses, whose mind is devoted thereto, is a man of effects and details; the exact sciences and constructive arts are out-works of this law.



THIS IS MY CHURCH

This is my Church.
It is composed of
people like me.
We make it what it is.

I want it to be a
Church that is a
lamp to the path
of pilgrims, leading
them to goodness,
truth and beauty.

It will be, if I am.

It will be friendly if I am.
Its pews will be filled, if I help to
fill them.
It will do a great work, if I work.
It will bring other people into its
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,
of fearlessness and faith, and a Church
with a noble spirit—if I, who make it
what it is, am filled with these.

Therefore, with the help of God, I shall
dedicate myself to the task of being
all of these things that I want my
Church to be.

—From “I Belong”
by Hoover Rupert

Serenity Spiritualist Association
Forest Knolls, Ca. 94933

NSAC

